

Burien Senior Program Newsletter

September - October 2015



TASTE OF TUSCANY

SPAGHETTI FEED FUNDRAISER
FOR SENIOR PROGRAMS

Dance, Dinner, & Auction

Featuring live dance music from Randy Litch,
dinner, wine, and silent auction.

FRIDAY, SEPTEMBER 25
5:00-8:00PM

BURIEN
COMMUNITY
CENTER

\$18 / RD \$15
Must purchase tickets
by 9/18



arts-a- glow

Lantern Festival & Procession!

Saturday, September 12

5:00-10:00 PM

Dottie Harper Park

421 SW 146th

www.BurienWA.gov/GLOW

206.988.3700

Information

Burien Community Center

Hours of Operation:

Monday-Thursday	8:30am-8pm
Friday	8:30am-5pm
Saturday	8am-12pm
Closed Holidays	

City of Burien Council Members

Lucy Krakowiak, Mayor

Steve Armstrong	Gerald Robison
Lauren Berkowitz	Nancy Tosta
Bob Edgar	Debi Wagner

Burien Senior Program Staff

Kristy Dunn, Recreation Supervisor

Meagan Schmieder, Recreation Specialist

Volunteer Staff

Trips: Marilyn Bickford, Bob Rothwell & Gerrie Kellogg

Meals on Wheels: Heidi Foote, Becky Hashimoto, Ginny Hill, Sue Jarrett, Teresa Kaufman, Karen Little, Nicky Macinnes, Timothy Manion, Teddi McDougall, Jon McGraw, Terry Moyer, Jeff Nelson, Jan Nickell, John & Dolores Nielsen, Tom & Billie Potts, Monda Rojas, Stephanie Ross, Marvin McMillan

Hyde Shuttle: Marilyn Bickford, Judy McGaughey, Bob Rothwell, Bonnie Timm, Clyde Hundley

Services

The Burien Senior Program offers a variety of services to aid older adults. For more information or to schedule an appt, call our office at **206.988.3700**.

Senior Rights Assistance: A SHIBA representative is available for appts the 4th Wednesday of each month: Sept 23, Oct 28 & Nov 25

Attorney Consultation: Frank De Marco provides FREE consultation appts: Sept 17, Oct 15 & Nov 19

METRO Bus Passes: You can apply for the **ORCA Regional Reduced Fare Permit**. Drop-ins available Sept 8 & Nov 10 at 10:30am sharp.

Foot Care Clinic: Thursdays from 9am-3pm. \$33 per participant, per visit. By appt only.

Medicare Consultation: FREE consultation and workshop: Fridays, 1pm-3pm: Sept 11, Oct 9 & 23, Nov 6 & 20 and Dec 11

Free Hearing Check: Highline Hearing Professionals is offering free ear checks and hearing screens. Sign up now for your private appt: Nov 4, 10am-11am

Chair Massages: \$2 for 15 minute session. Donations are accepted. By appt Wednesdays, 10am-Noon: Sept 9, Oct 7, Nov 18 & Dec 9

Reiki: By appt on Sept 8, Oct 13, Nov 10 & Dec 8 from 10:30am-12:30pm. Please be early or on time for your appts, as 5 minutes or more tardiness will disrupt sessions and will have to be rescheduled. A donation of \$5 min per session.

Flu Clinic: **NEW!**

Walgreen's is offering free Flu Shots on Tue, Sep 15 from 10am-3pm. Bring your insurance/Medicare card or vouchers are available if you do not have insurance. Schedule an appt today. Walk-ins welcome.

Shoe Fitting: **NEW!**

Priority Footwear is offering Medicare's Diabetic/Therapeutic Shoe Program on Thur, Sept 10 from 10am-12pm. For those on Medicare Part B and/or Medicaid Coverage with diabetes. This preventative coverage provides one pair of extra-depth shoes and up to 3 pairs of custom molded multi-density inserts. Walk-ins welcome.

Telephone Numbers

METRO CUSTOMER SERVICE
206-553-3000

**Americans with Disabilities Act (ADA)
Paratransit Program**
206-689-3113

ACCESS

Ride request for registered riders:
206-205-5000 or 1-866-205-5001

BURIEN HYDE SHUTTLE

M – F, 9am – 4pm.
Call 206-727-6262

VOLUNTEER TRANSPORTATION

(one-on-one for medical appts)
206-448-5740

SENIOR INFORMATION & ASSISTANCE
206-448-3110

HEALTH & HUMAN SERVICES
211

MEALS ON WHEELS
206-248-5680

Announcements

Thank You!

Ella Jeffery and Christel Scribner for collating the July – August newsletter.
Jackie Thompson for delivering newsletters.

Bernie Houle and Valerie Stahl for volunteering their time.

Dave Beal, Dorothy LaFontaine, the Fitzharris Family, Marie Santo, and RK Vannier for donating medical lending supplies.

Vicki Morris and Opal Mathison for donating supplies.

Roberta Alloway for making a large donation of Kleenex, *which we greatly need as we approach cold season!*

Please see the front desk if you have made a contribution and do not see your name.

The contents of this newsletter are for informational purposes only. **Dates, times, locations and costs are subject to change.** The City of Burien and Burien Senior Program does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

Scholarships are available to seniors in need!

Scholarship applications may be obtained at the front desk or by contacting any of the senior program staff at 206.988.3700.





- Cards - JOIN US!

\$1/member, \$2/non-member

Pinochle

Tuesday & Thursday, 12pm-3:30pm
Chelsea Room

Whist

Wednesday, 1pm-3:30pm
Chelsea Room

Bridge

Monday, Noon-2:30pm
Chelsea Room

NEW!

Texas Hold'Em Poker, info on pg. 5

El Dorado West
1010 SW 134th Street
Burien, WA 98146
P 206/248-1975
F 206/243-7382

Douglas Blake
Executive Director
DouglasB@villageconcepts.com



**El Dorado
West**

A VILLAGE CONCEPTS
RETIREMENT COMMUNITY

Luxurious Living
for Seniors
At Affordable Prices

VINTAGE
at Burien

Tel: 206-988-5117
Fax: 206-988-5136

149 S 140th Street
Burien, WA 98168

Amy Godsey
Property Manager

FPI Management

Drop-In Programs

Knitting/Crocheting Group - Every Tuesday from
2pm-4pm in Lobby

Open Art Studio - Mondays from 12:30pm-
3:30pm in Eagle Landing Room (\$2 drop-in fee)

Ping Pong - **NEW!**

Fridays from 11am-2:30pm in
Eagle Landing Room (\$1/member, \$2/non-member)

Wii Bowling - Wednesdays at 10am in
Eagle Landing Room (\$1/member, \$2/non-member)



**BOULEVARD
PARK PLACE**

ACTIVE RETIREMENT LIVING

Join us for Breakfast
the 3rd Fri of each
month. Call for info.

2805 S 125th St, Burien, WA 98168

(125th & Military Road South)

Phone: (206) 243-0300 Fax (206) 243-5476

www.Boulevardparkplace.com Email: bppmagic@aol.com

Become a Hyde Shuttle

Volunteer Driver!

The Hyde Shuttles offer a fun and
rewarding volunteer opportunity.

Call Senior Services at
206 748-7588 or apply online!

Seniorservices.org



Murray's CARSTAR Collision

22001 Pacific Hwy S. Ste 101

Des Moines, WA 98198

P 206-824-8454

F 206-824-4733

lisa@murrayscollision.com

CARSTAR.COM | 1-800-CARSTAR



Fall Highlights



Fitness

Early Bird Fitness

18058 Sept 21-Oct 30 6 AM-7 AM M, W, F
 18059 Nov 9-Dec 18 6 AM-7 AM M, W, F
 Instructor: Pam Odegard \$67 / RD \$61

3 R's of Exercise: Retain, Restore, Renew

18034 Sept 22-Oct 22 9:30 AM-10:30 AM Tu, Th
 \$49/MD \$40
 18035 Nov 3-Dec 10 9:30 AM-10:30 AM Tu, Th
 Instructor: Eileen Broomell \$53/MD \$44

Tai Chi for Everybody

18036 Sept 1-24 10:45 AM-11:45 AM Tu, Th
 18037 Oct 6-29 10:45 AM-11:45 AM Tu, Th
 18038 Nov 3-24 10:45 AM-11:45 AM Tu, Th
 Instructor: Viola Brumbaugh \$66 / RD \$60

Chen Tai Chi Chuan

18039 Oct 6-Dec 8 6 PM-7 PM T
 Instructor: Viola Brumbaugh \$137 / RD \$130

Spiral Energy Qigong, No class 11/11 & 11/25.

18040 Oct 7-Dec 16 10:45 AM-11:45 AM W
 Instructor: Viola Brumbaugh \$100 / RD \$95

Gentle Yoga

18060 Sept 23-Oct 28 6 PM-7:30 PM W
 18061 Nov 4-Dec 16 6 PM-7:30 PM W
 Instructor: Lori Leberer \$47 / RD \$41

Low Impact Chair Yoga

18070 Sept 21-Oct 26 11 AM-12:15 PM M
 18071 Sept 23-Oct 28 11 AM-12:15 PM W
 18068 Nov 9-Dec 14 11 AM-12:15 PM M
 18069 Nov 4-Dec 16 11 AM-12:15 PM W
 Instructor: Janet Crawley \$56 / RD \$51

Zumba Gold

18096 Sept 25-Oct 30 10 AM-11 AM Fri
 \$47 / RD \$41
 18097 Nov 13-Dec 18 10 AM-11 AM Fri
 Instructor: Cristina Herrera \$39 / RD \$34

Balance Fitness for Fall Prevention

17987 Sep 8-Oct 1 10:45 AM-11:45 AM Tu, Th
 17988 Oct 6-29 10:45 AM-11:45 AM Tu, Th
 \$21 / MD \$12
 17991 Nov 3-19 10:45 AM-11:45 AM Tu, Th
 17993 Dec 1-17 10:45 AM-11:45 AM Tu, Th
 Instructor: Vivian Bowles \$19 / MD \$10

Advanced Balance Fitness

17989 Sep 8-Oct 1 12 PM-1 PM Tu, Th
 17990 Oct 6-29 12 PM-1 PM Tu, Th
 \$21 / MD \$12
 17992 Nov 3-19 12 PM-1 PM Tu, Th
 17994 Dec 1-17 12 PM-1 PM Tu, Th
 Instructor: Vivian Bowles \$19 / MD \$10

Fitness, cont.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Free to qualified SilverSneakers members. No class 9/7, 11/11, 11/27 & 12/25.



Monthly 12:15 PM-1 PM M, W, F
 Instructor: Alex Lewis \$35 / RD \$30

Enhance Fitness, No class 9/7, 11/11, 11/27 & 12/25.

Monthly 8:45am, 9:45am, 10:45am M, W, F
 Instructor: Alex Lewis \$35 / RD \$30

Sitting Fit, No class 11/11.

18007 Sept 21-Nov 25 3:30 PM-4:30 PM M, W, F
 Instructor: Alex Lewis \$10

Strength Training with Therabands Workshop

17986 10/8, 11/12, 12/10 1 PM-1:40 PM M
 Instructor: Burien Nursing & Rehabilitation \$12 / RD \$10

RECEIVE A

\$10.00
DISCOUNT

**ON ANY DANCE
OR FITNESS CLASS!**
(for those 50+)

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

SHAPE UP!
BURIEN

Enrichment

Winter Garden Transitions: Soil Testing & Plant Protection

18130 Sep 12-19 10 AM-12 PM Sa
Instructor: Seattle Tilth \$12 / RD \$10

Senior Art History: Art & Culture of China

17967 Sep 17-Oct 29 9:30 AM-12 PM Th
Instructor: Elizabeth Rodgers \$68 / MD \$59

Innovative Stitches, No class 11/11.

18134 Sep 9-Oct 21 10 AM-12 PM W
18135 Oct 28-Dec 16 10 AM-12 PM W
\$16 / RD \$14

AARP Foundation Finances 50+ **NEW!**

18113 Oct 8-22 6 PM-7:30 PM Th
Instructor: Barbara Sando Free

AARP Smart Driver Course

18023 Nov 17-18 12:30 PM-4:30 PM Tu-W
Instructor: Richard Silva \$2

Current Events & Local Issues

18024 Sep 17-Nov 19 1 PM-3 PM Th
Instructor: Don Custer \$64 / MD \$55

Texas Hold'Em Poker **NEW!**

18121 Sep 17 12 PM-3:30 PM Th
18122 Oct 15 12 PM-3:30 PM Th
18123 Nov 19 12 PM-3:30 PM Th
18124 Dec 17 12 PM-3:30 PM Th
Instructor: Val Stahl \$2 / MD \$1

Writers Workshop

18025 Sep 18-Nov 20 10 AM-12 PM F
Instructor: Sallie Tierney \$39 / MD \$30



Water Exercise Classes

Mon/Wed 8:30-9:30AM and Mon/Wed 7:00-8:00PM

Try a FREE class!

Low impact workouts conducted in the shallow end of the pool.
Classes combine cardio, toning, balance and flexibility training.
Workouts can easily be modified for those with physical limitations.
You do not need to know how to swim in order to participate!

Pricing	Adults	Seniors
Drop-in	\$6	\$5
10-Visit Punch Card	\$55	\$45

606 SW 116th St Seattle, WA 98146 206.588.2297
www.EvergreenPool.org

Computers & Photography

Advanced Computers

18100 Oct 2 9:30 AM-12 PM F
18111 Dec 4 9:30 AM-12 PM F

Computers 101

18101 Sep 18 9:30 AM-12 PM F
18102 Nov 6 9:30 AM-12 PM F

Digital Photos: Your Camera & Computer

18103 Oct 16 9:30 AM-12:30 PM F
18104 Dec 11 9:30 AM-12:30 PM F

Digital Photo Editing

18105 Oct 23 9:30 AM-12:30 PM F

Intermediate Computers

18107 Sep 25 9:30 AM-12 PM F
18112 Nov 20 9:30 AM-12 PM F

Smart Device: Phones & Tablets

18108 Oct 9 9:30 AM-12 PM F
18109 Nov 13 9:30 AM-12 PM F
Instructor: John McLaughlin \$35 / MD \$26

More Enrichment

Engage the Brain **NEW!**

Have fun and engage the brain at the same time! Play games and exercises that will improve and maintain your memory ability.

18133 Oct 6-27 10 AM-11 AM T
Instructor: Meagan Schmieder Free

Senior Self Defense

Concerned that you may be an easy target? Learn a few tips and tricks to keep at bay those who may mean you harm.

18117 Oct 8 10 AM-12 PM Th
Instructor: Joanne Factor \$47 / RD \$41

Backyard Birding **NEW!**

Have you ever wondered what type of birds are in your backyard? Hosted by Rainier Audubon Society.

18167 Oct 28 6 PM-7 PM W
Instructor: Dan Streiffert Free

Introduction to Voice/Speech & Acting **NEW!**

Would you like a voice that communicates your thoughts and feelings freely, clearly and easily?

18198 Oct 27-Dec 15 5 PM-8 PM Tu
Instructor: Patrick Phillips \$122 / RD \$117

**SEE FALL RECREATION BROCHURE
FOR A COMPLETE LISTING OF
CLASSES & DESCRIPTIONS.
PRE-REGISTRATION REQUIRED.**



Fall Travel



Washington State Fair*

It's the biggest party in the state, and you're invited! Enjoy delicious food and dazzling entertainment. Trip includes escort and transportation. Admission is free with a canned food donation. Lunch is on your own.

18152 Sep 11 9:00 AM-5:00 PM F \$23 / RD \$20

Northwest Trek Wildlife Adventure** NEW!

Take a walk along the winding paths, a tram ride through the park and enjoy a day exploring nature. Trip includes escort and transportation. Admission (\$9.25) and lunch are on your own.

18166 Sep 16 9:00 AM-4:00 PM W \$23 / RD \$20

Red Wind Casino*

Trip includes escort and transportation. Lunch is on your own.

18154 Sep 22 9:00 AM-5:00 PM Tu \$23 / RD \$20

Taproot Theatre: Dracula*

Bram Stoker's Dracula takes you on a chilling adventure following the unlikely allies that join forces to defeat an ancient villain. Trip includes admission, escort & transportation. No meal stop. **MUST REGISTER BY 9/1.**

18158 Sep 29 1:00 PM-5:00 PM Tu \$32 / RD \$28

Mount Rainier*

Take in the fall colors as we drive to Mount Rainier National Park. Explore the new Paradise Jackson Visitor Center and surrounding trails. Trip includes admission, escort and transportation. Lunch is on your own.

18187 Oct 5 9:00 AM-6:00 PM M \$32 / RD \$28

Artisan Cheese Making* NEW!

Learn how easy it is to make the best artisan cheese you've ever had. It will be hands-on at a farm in Fall City, where you will bring home your very own cheddar and mozzarella. Trip includes lesson, escort and transportation.

18144 Oct 7 10:00 AM-3:00 PM W \$58 / RD \$50

Tulalip Casino & Seattle Premium Outlets*

Trip includes escort and transportation. Lunch is on your own.

18161 Oct 15 9:00 AM-5:00 PM Th \$17 / RD \$15

Astronomy Science Dome* NEW!

We will learn about the night sky and view a video on the spectacular Science Dome ceiling. Trip includes admission, escort & transportation. Lunch is on your own.

18148 Oct 21 10:00 AM-4:00 PM W \$23 / RD \$20



Trip Rating: All trips involve some degree of walking. Please assess your mobility when considering a trip.

- * Easy: mostly paved, minimal walking distance
- ** Moderate: sometime paved, may include stairs, moderate walking distance
- *** Difficult: some difficult terrain, uneven ground, stairs, incline, and/or extensive walking distance

Maris Farms**

Enjoy the Fall season by exploring the cornfield maze, picking out a pumpkin and viewing the animals in the barn at Maris Farms in Buckley. Trip includes escort and transportation. Admission (\$7) and lunch are on your own.

18145 Oct 27 10:30 AM-5:00 PM Tu \$23 / RD \$20

Puget Sound Navy Museum*

Drive around the Sound to visit Keyport and view the Puget Sound Navy Museum's Collection. Trip includes escort and transportation. Lunch is on your own.

18150 Nov 4 9:00 AM-5:00 PM W \$23 / RD \$20

America's Largest Antique & Collectible Show* NEW!

Over 400 vendors selling furniture, glassware, and more at the Washington State Fair Events Center. Trip includes escort and transportation. Lunch and admission (\$7) is on your own.

18153 Nov 7 10:30 AM-4:00 PM Sa \$23 / RD \$20

Angel of the Winds Casino*

Trip includes escort and transportation. Lunch is on your own.

18147 Nov 17 9:00 AM-5:00 PM Tu \$23 / RD \$20

Tacoma Musical Playhouse: Chitty Chitty Bang Bang*

Take a fantastic musical adventure with an out-of-this-world car that flies through the air and sails the seas. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 10/30.**

18149 Nov 28 12:45 PM-4:00 PM Sa \$54 / RD \$47

Uncorked Paint Party* NEW!

Simply follow along as our local artist teaches you step-by-step how to recreate the selected painting. It's like art class for grown-ups - and absolutely no art skill is needed! Trip includes lunch, supplies, escort & transportation.

18155 Dec 2 10:00 AM-3:00 PM W \$46 / RD \$40

Festival of Trees*

Kick off the holiday season with a special tour of Multicare's Festival of Trees, each of which is decked out to the 9's with festive spirit and unique themes. Then, enjoy lunch and leisure time in downtown Tacoma. Trip includes admission, escort and transportation. Lunch is on your own.

18156 Dec 3 9:00 AM-2:00 PM Th \$23 / RD \$20

Holiday at Molbak's* NEW!

Enjoy stunning displays of holiday colors, plants, and decorations, and free Kringle and coffee. We will stop for lunch at Red Hook Brewery. Trip includes escort and transportation. Lunch is on your own.

18186 Dec 7 10:00 AM-5:00 PM M \$20 / RD \$17

Little Creek Casino*

Trip includes escort and transportation. Lunch is on your own.

18146 Dec 10 9:00 AM-5:00 PM Th \$23 / RD \$20

Fantasy Lights in Spanaway Park*

Take a drive through the famous Fantasy Lights in Spanaway Park, where elaborate creations sparkle and glow with the holiday spirit. Trip includes admission, escort and transportation. No meal stop.

18151 Dec 15 5:00 PM-8:30 PM Tu \$23 / RD \$20

Extended Travel

The Washington State Association of Senior Centers (WSASC) offers wonderful extended travel opportunities for seniors who would like to see more of America & the world.

Spain's Classics: March 5-15, 2016

Highlights: Madrid, Seville, Granada, Valencia, and Barcelona.

11 Days, 14 meals, Includes Air, Lodging, Transfers
\$3,599 Double Occupancy



Albuquerque Balloon Fiesta:

September 29-October 4, 2016

Highlights: Santa Fe, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center. 6 Days, Includes 8 Meals, Round Trip Air from Sea-Tac, Taxes and Fees/Surcharges, Hotel Transfers.
\$2,499 Double / \$3,099 Single

Tropical Costa Rica: November 2016

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theatre.

9 Days, 14 meals, Includes Air, Hotels
Approximate Cost: \$2,599 double occupancy

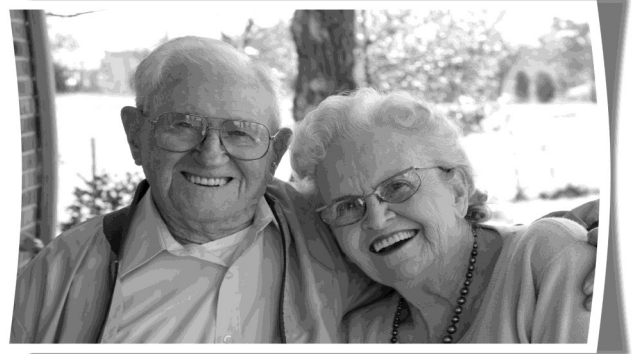


FOR INFO CONTACT
Sheri McConnaughey
206.767.2321

All programs, including travel, must adhere to the Parks & Recreation refund policy if there are any changes or cancellations. (Note: A cold or common illness is not considered "medical," so if you wake up sick or choose not to drive even when programs are still running, you will forfeit your class and trip fee, even if your spot can be filled.)

Trip substitution cannot be made without prior approval of travel program coordinator or supervisor. Please check at the front desk if you have any questions, concerns or comments.

We invite you to come to our events and experience a taste of the Daystar lifestyle. Through our supportive and educational programs and activities you will find life easy, fulfilling and fun! There's always something going on at Daystar!



Stop by to see us and learn about our special pricing and move-in incentives!



DAYSTAR
RETIREMENT VILLAGE
It's so good to be home!

(206) 937-6122
2615 SW Barton St
Seattle, WA 98126

www.DaystarSeattle.com



RIDE THE BUS!

The New Route 631 Gets You Around Burien

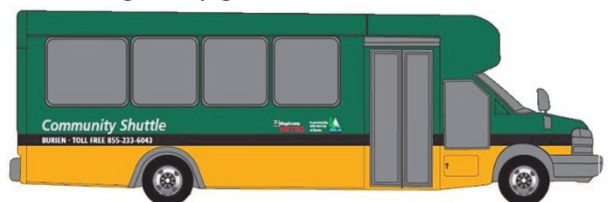
There's a new transportation option now serving our community – route 631 Community Shuttle is now in operation, making it easier for folks to get around Burien. Route 631 Community Shuttle makes a loop every 30 minutes between 8am and 4pm on week-days, serving the Burien Transit Center, Olde Burien, Gregory Heights, and more.

Route 631 travels clockwise from the Burien Transit Centre, to the Highline Medical Centre, west along SW 160th St, north along 21st Ave SW, and east along SW 152nd St. In addition, route 631 will provide flexible service on request in the Gregory Heights neighborhood. Just call **855-233-6043** to schedule a stop!

Have you tried the new 631 Community Shuttle yet? It's an easy and affordable way to get to all your local destinations. Use your ORCA card or pay in cash and enjoy the ride!

For more info about local transportation in Burien visit:

kingcounty.gov/GetYouThere/Burien.



BURIEN SENIOR PROGRAM

14700 6th Ave SW

BURIEN, WA 98166

PRESRT STD
US POSTAGE

PAID

SEATTLE, WA
PERMIT NO. 5859



Ballroom Dancing

**Throw on your dance shoes
and have fun while getting fit!**

Featuring live dance music from Randy Litch!

**Every
Friday*
1:45–
3:45pm**

When:

**Every Friday,
1:45pm – 3:45pm**

Who:

**Adults of all ages welcome!
Partner not required.**

How much:

**\$5 at the door,
cash or check**

Location:

**Burien Community Center,
Seahurst Room**

***No dance program 9/25 (Tuscany Fundraiser & Dance), 10/30, 11/27 & 12/25.**

For more information call (206) 988-3700